A MATTER OF SUBSTANCE:

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DIVISION QUICK FACTS

September is Recovery Month! Here are some of the activities taking place in Iowa.

YSS Block Party: Youth and Shelter Services will kick off Celebrating Recovery Month with a Block Party on **September 4th!** Join the Ames Street 'N' Greet Block Party from 3-7 p.m., directly in front of the historic Youth Recovery House on 8th street to visit with neighbors, tour the facility, and celebrate treatment and recovery. Music, outdoor games, and food will be provided. For more information, go to www.yss.org.

Powell CDC Presents "Bill W. and Dr. Bob": Powell Chemical Dependency Center in Des Moines and StageWest Theatre are bringing the play "Bill W. and Dr. Bob" to Iowa **September 17-26**. This is the amazing and often humorous story of the two men who pioneered Alcoholics Anonymous, as well as the story of their wives, who founded Al Anon. Tickets are on sale in person at the Civic Center Ticket Office, through Ticketmaster at 800-745-3000, or online at www.civiccenter.org. See page 2 for more information about this great event!

CADS 14th Annual September Celebration of Family Fest: The Alumni Association and staff of the Center for Alcohol & Drug Services in Davenport will hold their annual Celebration of Family Fest on **September 18th.** The Alumni Association is a group of recovering people who have made a commitment to themselves and to their communities to "give back" by reaching out with education about addictions and opportunities for sober activities for recovering people and their families. For more information, call 563-326-1150.

Recovery Month Celebration at Adventureland: On **September 18th**, Adventureland Amusement Park in Altoona will again be the site for a statewide recovery event that celebrates the benefits of treatment, salutes the work of treatment providers, and promotes the message of recovery from addiction. Recovering persons, Access to Recovery participants, and their immediate family members can enjoy a fun day of rides, shows, and attractions — with a special 3:00 p.m. presentation from notable guests. For ticket information, contact Training Resources at 515-309-3315.

SATUCI 3rd Annual Ride For Recovery: To support individuals in the community in their battle over addiction, the Substance Abuse Treatment Unit of Central Iowa, in conjunction with Horizons-A Family Service Alliance, and the Iowa Veterans Home, is hosting a 10 mile bicycle ride through beautiful Marshalltown on **September 19th**. The event is scheduled to begin at 2:00 p.m. at Riverview Park. Cost for the ride is \$5 or \$10 for the ride and t-shirt. For more information, go to www.satuci.com.

Boone County Celebration: On **September 23rd**, Boone County Prevention, Community and Family Resources (CFR), the Des Moines Area Community College, YSS of Boone County Treatment and Prevention, and other community organizations will celebrate Recovery Month at the DMACC campus in Boone. The event starts at 5:00 p.m. Food, guest speaker, and entertainment will be provided. For more information, go to www.yss.org.

UPCOMING EVENTS

Conduct Disorders: Helping Kids Unlock Their Futures
September 17. Jackson Recovery Centers, Peter Waitt
Education Center, 800 5th Street, Sioux City.
Contact Angle Anderson, 712-234-2308.

Substance Use/Abuse After Disaster September 13 and **Psychological 1st Aid** September 14, in Des Moines. Contact Karen Hyatt at 515-281-3128 or khyatt@dhs.state.ia.us.

11th Annual HIV, STD, and Hepatitis Conference September 22-23. Holiday Inn Conference Center, 6111 Fleur Drive in Des Moines. Contact Pat Young at pyoung@idph.state.ia.us.

National Drug Take Back Day September 25. Go to http://www.deadiversion.usdoj.gov/takeback/index.html.

2010 Mental Health Conference: Recovery/Resiliency October 5-6. Iowa State Center, Scheman Building, Ames. Go to www.trainingresources.org.

SATUCI: Mental Health/Substance Abuse Disorders October 6. Best Western Regency, 3303 South Center St in Marshalltown. Go to www.satuci.com.

Substance Abuse Prevention Specialist TrainingOctober 6-7 and November 9-10. Camp Dodge, Johnston. For more information, go to www.counterdrugtraining.com.

For more information about the Division of Behavioral

Health, visit www.idph.state.ia.us/bh

For questions related to "A Matter of Substance," contact the editors:

Kevin Gabbert kgabbert@idph.state.ia.us or

Julie Hibben jhibben@idph.state.ia.us

A MATTER OF SUBSTANCE

SPOTLIGHT

Powell Chemical Dependency Center Presents "Bill W. and Dr. Bob"

In support of Recovery Month, Powell Chemical Dependency Center at Iowa Lutheran Hospital and StageWest Theatre are excited to bring the play "Bill W. and Dr. Bob" to Des Moines and central Iowa. "Bill W. and Dr. Bob" will make its debut in Iowa September 17 and run through September 26.

About the Play

In 1929, famous New York stockbroker Bill Wilson crashes with the stock market and becomes a hopeless drunk. Dr. Bob Smith, a surgeon from Ohio, has also been an alcoholic for thirty years, often going into the operating room with a hangover. Through an astonishing series of events, Bill W. and Dr. Bob meet and form a relationship, each helping to keep the other sober. This is the amazing and often humorous story of the two men who pioneered Alcoholics Anonymous, as well as the story of their wives, who founded Al Anon.

Take a look at what is being said about this remarkable production:

- "Bill W. and Dr. Bob is getting standing ovations!" Reuters
- "Bill W. & Dr. Bob was an amazing production. It touched each one of us in a different way. The inspiration and strength gained from the presentation of this story was immeasurable. We all felt a deeper connection for having shared the experience of this play." -Elaine (audience member)
- "Earnest production, inspired performances" Associated Press

How destructive is alcoholism and why does Alcoholics Anonymous work?

The prevalence of alcoholism in the United States is well documented: Nearly 17 million Americans have alcohol problems, including eight million with the disease of alcoholism, yet only two to three million receive treatment each year. Alcohol problems lead to death, disability, and billions in avoidable business and health care costs every year. After over 70 years, AA remains a mainstay for the recovery of millions around the world. Because the power of Alcoholics Anonymous group affiliation is a proven support to short and long term recovery, Powell Chemical Dependency Center is a strong supporter of AA. Powell integrates 12 Step concepts and participation with the newest solution-focused and motivational methods of addiction treatment to create a supportive and effective environment for beginning recovery. Powell actively encourages patients to experience and connect with AA and other 12 Step based groups to strengthen and support their hard earned recovery. David Kaptain, Powell's director states, "We find that our patients who do connect with AA and other supportive recovery groups experience more effective initial and longer-term success. Because of AA's tradition of success we are privileged to bring the story if its origins to central lowa."

If you have an activity or program you'd like us to Spotlight, send a draft article to the A Matter of Substance editors. We can't promise we'll publish everything we receive but we will share news of special interest to people across the state.

Director's Corner: The federal passage of parity and the Affordable Care Act will likely change forever the role of behavioral health in the overall healthcare system. What that means to us, for example, is that our substance abuse/problem gambling prevention/treatment recovery-oriented system of care transition is now being done in the larger context of the transformation of health care in lowa and the U.S. The good news — a broad range of mental health, substance use, and sexual health issues will be recognized as the chronic health concerns they have always been and services to address these concerns will be more closely integrated with traditional medical services.

More specifically, the "vision for a good and modern mental health and addiction system", as described by John O'Brien, SAMHSA's Senior Advisor for Health Financing, "is grounded in a public health model that addresses the determinants of health, system and service coordination, health promotion, prevention, screening and early intervention, treatment, resilience and recovery support to promote social integration and optimal health and productivity. ... it recognizes the critical connection between primary and specialty care and the key role of community supports with linkage to housing, employment, etc. A good system should also promote healthy behaviors and lifestyles, a primary driver of health outcomes."

Starting in October, we'll begin a series of articles on what we know and are doing related to healthcare reform — and how you can be involved. As always, let me know if any questions or concerns. Thanks, Kathy Stone